



NJIC Track & Field Divisional Championships

at Emerson Boro High School

Team Roster must be updated on Mile Split NJ / your team website / by April 21st

Monday, April 30th – Liberty Division (A) & Patriot Division (B)

Tuesday, May 1st – Colonial Division (A) & Meadowlands Division (B)

*Where your division competes on the order of events below is indicated by the letter A or B

(Wednesday, May 2nd will be the rain date for any division that faces inclement weather issues.)

This order of events will be posted on the NJIC website (spring season announcement link. Results will be posted on Milesplit NJ.

ORDER OF EVENTS

TRACK – 4:00 PM (SCORE 6 DEEP IN EACH DIVISION) (running events Fully Automatic Timed)

400 IH	Final on Time	Boys A – B, Girls A - B
100 M	Trials	Boys A – B, Girls A - B
1600 M	Final on Time	Boys A – B, Girls A - B
110HH – 100HH	Trials	Boys A – B, Girls A - B
100 M	Finals	Boys A – B, Girls A - B
400 M	Final on Time	Boys A – B, Girls A - B
100 HH – 110HH Finals		Girls A – B, Boys A - B
800 M	Final on Time	Boys A – B, Girls A - B
200 M	Final on Time	Boys A – B, Girls A - B
3200 M	Final on Time	Boys A&B, Girls A&B (may be combined)
1600 M Relay	Final on Time	Boys A – B, Girls A - B

FIELD – 3:30 PM (SCORE 6 DEEP IN EACH DIVISION)

Shot Put	(A) Girls – (A) Boys - (B) Girls – (B) Boys
Discus	(B) Boys – (B) Girls - (A) Boys - (A) Girls
Javelin	Girls (A & B) Open Pit until 4:30 – Then Finals (B) Girls - (A) Girls Boys (A & B) Open Pit 5:00 – 6:00 – Then Finals (B) Boys - (A) Boys
High Jump (together)	Combined Divisions (A) Girls & (B) Girls – (A) Boys & (B) Boys
Pole Vault	(B) Girls & (A) Girls – (B) Boys & (A) Boys (jump together)
Triple Jump #1	Boys Open Pit until 4:30 PM - Then Finals (B) Boys – (A) Boys
Triple Jump #2	Girls Open Pit until 4:30 PM - Then Finals (A) Girls – (B) Girls
Long Jump #1	Boys Open Pit 5:00 PM – 6:00 PM Then Finals (A) Boys - (B) Boys
Long Jump #2	Girls Open Pit 5:00 PM – 6:00 PM Then Finals (B) Girls – (A) Girls

Online Entry:

Online entry means commitment to 3 designated athletes per event.

Entries close at 2:00 PM on meet day.

NO changes at the meet.

* Minimum standards will be in place for measurement in the weight events. *If the implement does not break this distance, the throw will not be marked.*

Boys: Shot Put 30' Discus 90' Javelin 90' Girls: Shot Put 20' Discus 65' Javelin 70'

* Pole Vault starts at 7' for Girls and 9' for Boys (then 6" increments)

* High Jump starts at 5'4" for boys and 4'4" for girls

*This Championship Meet will be VARSITY events only. Three entries maximum per event.

*Medals will be awarded to the top 5 places in each event. Scoring will be 10,8,6,4,2,1

*Athletic Trainer will be on duty.

*Check in / seed cards will be picked up by each coach upon arriving at the meet.